

OENZ 1 & 2 day Alpine Course Outline

7:30am - Meet your group and Instructor/s at “Darfield Bakery” in Darfield, a small town 30 mins from Christchurch on SH73 (good food and good coffee).

Note: if you're travelling from the West Coast please contact us to arrange our instructor to meet you in Castle Hill Village instead.

Day 1 Overview (1 Day course)

Today is all about getting to grips with the essential skills and equipment that allows you to travel in the mountains safely.

08:30am - Arrive at Mt Cheeseman Ski area.

- Gear check & hand out OENZ supplied gear
- Packing and selecting gear appropriate for use in the NZ mountains
- Fitting crampons to boots
- Avalanche transceiver checks

Ice axe and walking techniques

- Holding an ice axe
- Kicking Steps/forming steps with boots
- Primary anchor/self-belay (stopping a slide before it starts)
- Step cutting

12:30 – Lunch

- Walking in crampons
- Flat foot technique
- Front pointing
- Mixed technique
- Self-arresting (stopping yourself when sliding using your ice axe)
- Transceiver search practice.

4-5pm - We say good bye to our 1 day course participants back at the ski area carpark.

5:30-6pm - Arrive at our lodge in Arthurs pass (45 mins from ski area carpark).

Evening

- Cook your dinner at the lodge or head down to the pub for food and a drink.
- How to plan an alpine trip. Guide books, maps and the NZ mountain grading system
- Make a plan for day 2 - Choose an objective.

Day 2 Overview

Today our aim is to consolidate our new skills by putting it all together and attempting to climb to a peak or high point in the Craigieburn range. Please note the word “attempt” as the mountains will decide whether we are successful in summiting and most climbers say that a 50% success rate is good.

6:30-7am Breakfast (bring your own as nothing is open this early in Arthurs Pass)

7:30-8am – Pack and clean lodge, drive away

9-930am – Arrive at Broken River Ski area carpark

- Access snow via track and ski field or Allan’s basin.
- Build/talk through emergency shelters in the mountains
- Make our way up using safe travel/avalanche avoidance techniques

12:30pm Lunch (along the way)

- Get to our highest point (maybe a summit)
- Cover any skills that need refinement on the way down

3:30-4:30pm – Back at vehicles, time to say good bye

Note: from the ski area carpark it is approx. 1.5-2hrs back to Christchurch (we usually get back into Christchurch between 5:30-6:30pm)

**Please note that this is just a guide to how the course is normally run and your instructor may run the course in a different order to best fit in with local conditions and the abilities of the group.*